

Applesauce Loaf Cake

Makes: 16 servings

Cinnamon, nutmeg, and toasted walnuts make this loaf cake taste as great as it looks.

Ingredients

- 1/2 cup walnuts (chopped)
- 1 1/2 cups applesauce
- 1 egg
- 1 cup sugar
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla extract
- 2 cups flour (all purpose)
- 2 teaspoons baking soda
- 1/2 teaspoon cinnamon (ground)
- 1/2 teaspoon nutmeg (ground)
- 1 cup raisins

Directions

1. Wash hands well with soap and warm water.
2. Pre-heat the oven to 350 degrees. Grease 2 (8x4x2 inch) loaf pans.
3. Toast walnuts in an ungreased skillet pan. Stir while heating on medium-low heat for 5-7 minutes. They are done when they are brown and smell nutty. Set aside to cool.
4. Mix applesauce, egg, sugar, oil and vanilla in a large

| Nutrition Information | |
|-----------------------------|------------|
| Nutrients | Amount |
| Calories | N/A |
| Total Fat | N/A |
| Saturated Fat | N/A |
| Cholesterol | 10 mg |
| Sodium | N/A |
| Total Carbohydrate | 38 g |
| Dietary Fiber | 1 g |
| Total Sugars | 19 |
| Added Sugars included | N/A |
| Protein | 3 g |
| Vitamin D | N/A |
| Calcium | N/A |
| Iron | N/A |
| Potassium | N/A |
| N/A - data is not available | |

bowl.

5. Mix flour, baking soda, cinnamon, and nutmeg together in a smaller bowl.

6. Pour flour mixture into applesauce mixture.

7. Stir in raisins and cooled toasted nuts.

8. Pour half of the batter into each greased pan. Bake for 45-55 minutes.

9. Remove cakes from the oven. Cool for 10 minutes. Remove from pans to finish cooling. For best taste, let cakes cool a few hours before serving.

Source: Rutgers University Cooperative Extension. Food Wise Learn at Home Print Materials.